

Minnesota Women's Soccer League  
**7v7 Indoor & Outdoor Soccer League**  
**Rules and Regulations**



*Note: Rules not specifically called out on this page will default to the standard MWSL Rules and Regulations.*

1. **Substitutions:** Players may substitute in and out freely or "on the fly," provided the player entering the field of play is within 10 feet of the player leaving the field of play.
2. **Goalkeeper Play:** A goalkeeper in possession of the ball after a save who then distributes it (regardless of the method, including putting the ball down to kick it), must not distribute the ball past the halfway line without it first touching a player from either team, the ground, or the referee. Failure to do so results in an indirect free kick for the opposing team from the spot where the ball crossed the halfway line. Goalkeepers are allowed to flight the ball with their feet beyond the halfway line within the run of play (as long as it excludes the scenarios noted above).
3. **Off-sides:** There are no off-sides
4. **Slide-tackling:** Slide-tackling (except for the goalkeeper) is prohibited. Restart is an indirect free kick. Players may slide to play or block a ball, but NOT to tackle an opponent.
5. **Encroachment:** The non-encroachment distance is seven yards. This includes all free-kicks, kick-offs, penalty-kicks, and corner-kicks.
6. **Start of Play:**
  - a. The ball does not have to be played forward on the kickoff, however it is an indirect kick.
  - b. Games must be started within 10 minutes of the scheduled start time. Failure to start the game on time will result in a reduction of playing time with two equal halves.
7. **Out of bounds:**
  - a. Ball exits the field at the goal line. Appropriate restart would be a goal kick or corner kick
    - Except in the instance when a goal is scored. Restart would be a kickoff.
    - Ball exits the field at the touch line. Appropriate restart would be a throw-in
8. **Length of Play:** All games are 2 x 25-minute halves, with a 5 minute half-time. A game stopped by the referee at or after half time, will be declared an official game. The score at the time of stoppage will be the final score unless the game is declared forfeited upon review.
9. **Friendly Match:** In accordance with FIFA Laws of the Game, if a game is not started because of section 11 and the referee is being paid the full game fees, the referees are expected to referee a "friendly" game, if it is started within 10 minutes of the forfeit time. (For example, scheduled time is 7:30, one team forfeits at 7:40, referees may leave the field if no friendly game is in progress by 7:45). The exception is if the forfeiture results from field conditions.
10. **No Referee:** If no assigned referee appears to officiate a game within 10 minutes after the scheduled start time, the game must be rescheduled. The home team must notify the MWSL commissioner immediately. If both the home and away team agree to play and count the game as official, both teams agree that they will not hold the MWSL liable for any injuries or incidents that occur.
11. **Number of Players:**
  - a. A match shall be played by two teams, each consisting of not more than seven players, one of whom shall be a goalkeeper. The minimum number of players is five; If a team is reduced to below the minimum number of players the game will be terminated. The proper league authority will decide on the outcome of the game.
  - b. If one team fails to have at minimum of 5 players present by 10 minutes after the scheduled start time, assuming the other team has at least the minimum number of players, the game will be forfeited and the score will be recorded as a 2-0 win for the team that has the minimum number of players.
  - c. If both teams fail to have at minimum of 5 players present by 10 minutes after the scheduled start time, the

game will be recorded as game not played.

- 12. Eligible Players:** All players must have a valid player pass card and be on the team roster prior to the start of league play. An updated roster can be printed from the MWSL website at any time during the season.
- 13. Fouls & Misconduct:** Cautions (yellow cards) are per FIFA; Send offs (red cards) are per FIFA with the following additions;
  - a. If a player is sent off, i.e. receives a red card, due to a second yellow card (soft red card), that player cannot participate in that game anymore. The sent off player will be replaced by one of the qualified substitutes immediately. The team will not play short. The sent off player may play at the next game of his or her team.
  - b. If a player is sent off due to a straight red card offense, except for item c below, that player will not participate in that game anymore. The sent off player will sit out the next game of his or her team.
    - Team will play short handed
  - c. If a player is sent off for violent conduct or serious foul play, which in the opinion of the referee was a calculated act to harm the other party (opponent, teammate, coach, other bench personnel, referee, spectator, or anybody else), the sent off player will not participate in that game anymore. The sent off player will sit out the next two games of his or her team. Further sanctions may be taken against the offender and hi/her team, by the indoor facility authorities.
    - Team will play short handed
  - d. If a team falls below the minimum number of players solely due to accumulation of red cards of any combination of type 10.b and 10.c red cards (as detailed under the previous section) the game will be terminated at that point. Assuming the other team has at least the minimum number of players, the game will be forfeited and the score will be recorded as a 2-0 win for the team that has the minimum number of players, unless it was already winning with a higher score at the time of termination, in which case that score will stand.
  - e. If both teams fall below the minimum number of players at the same time for any reason(s), or one team falls below the minimum number of players but not solely due to accumulation of red cards (e.g. a red card or injury and a lack of substitutes), the MWSL board of directors will make a decision as to the outcome of the game.
- 14. Goal Kick:** A ball put into the field of play from a goal kick must be touched by a player of either team, touch the ground, or the referee, before it crosses the halfway line. Failure to do so results in an indirect free kick for the opposing team from the spot where the ball crossed the halfway line.
- 15. Goal Differential:** In order to promote between sportsmanship between teams, the MWSL has a 7 goal differentiation. The Commissioner will manually change the score of any game with a spread larger than 7 to reflect only have a 7 point spread. This score will be used in determining standings.